Preparing to negotiate

1. Explain the purpose of using the breathing technique. What will be the value and how will it help in any intimidating situation.   
   You can use the breathing technique in any situation where you are angry, sad, stressed uncomfortable or just worried about something that is going to happen.
2. If a person who is in conflict with you (family?) needs to be heard, and you need to be heard, how could the breathing technique help?   
   The breathing technique could help if you wanted to talk first but they want to talk first as well, you could use the breathing technique to let them talk first.
3. Describe the important steps to the breathing technique.

Make sure you are not distracted everything around you is off; phone on silent and no one is talking. Make sure you breathe in and out.

1. Research 3 other methods to control your feelings and become “grounded”

**Walk on the Ground Outside.**

**Stop and Observe.**

**Practice Yoga.**